

CLAIMS

We claim:

1. A light fixture for installation in a ceiling comprising:
 - a can positioned adjacent a junction box, said can having a first end substantially positionable in said ceiling and a second end having a flange adjacently positionable against an exposed surface of the ceiling about an orifice in said ceiling through which said can extends,
 - a lighting unit removably engageable with said junction box,
 - a retaining means for retaining said can in said ceiling,
 - a ceiling plate member rotatably, removably and securely engageable with said flange to provide an exterior trim to the light fixture, and
 - a reflector having an ellipsoidal geometry that is removably engageable with said can and capable of producing a lighting efficiency of at least 84%.
2. A light fixture in accordance with claim 1, wherein said lighting unit pivots from a first, angled position relative to said junction box for loading of a lighting element into said lighting unit, to a second, substantially horizontal position during illumination of said lighting element and normal use of said light fixture.
3. A light fixture in accordance with claim 2, wherein said lighting unit pivots from said first position to said second position in response to the attachment of said ceiling plate to said flange.
4. A light fixture in accordance with claim 2, wherein said lighting unit falls to said first position under gravity when said ceiling plate is removed from said flange.
5. A light fixture in accordance with claim 2, wherein said lighting unit further comprises a socket attached to a socket holder, a socket hinge attached to said socket holder and removably attachable to said junction box, and a pin attached to said socket holder for controlling the positioning of said lighting unit.
6. A light fixture in accordance with claim 5, wherein said pin extends below said flange prior to assembly of said ceiling plate on said flange.
7. A light fixture in accordance with claim 6, wherein said ceiling plate contacts said pin during attachment of said ceiling plate with said flange and causes said lighting unit to pivot from said first position to said second position.
8. A light fixture in accordance with claim 1, wherein said retaining means further comprise retaining members disposed on said can for retaining said can in said ceiling,

said retaining members being accessible through said can from the exposed surface of said ceiling.

9. A light fixture in accordance with claim 8, wherein said retaining members are movable from an insertion position lying adjacent said can for installation and insertion of said can through said orifice, to a support position extending outwardly from said can to prevent said can from falling through said orifice.

10. A light fixture in accordance with claim 8, wherein said retaining members are adapted for clamping engagement against said unexposed surface of the ceiling in said support position.

11. A light fixture in accordance with claim 8, wherein said lighting fixture is supported by said retaining members solely by the clamping engagement of said retaining members against an unexposed surface of said ceiling.

12. A light fixture in accordance with claim 8, wherein said retaining members are disposed on said flange.

13. A light fixture in accordance with claim 1, wherein said retaining means further comprises hanger supports integrally formed into said junction box for receiving and supporting hanger bars for attachment of said light fixture to a ceiling.

14. A light fixture in accordance with claim 1, wherein said can is airtight.

15. A light fixture in accordance with claim 1, wherein said can further comprises a vent for dissipating excess heat from said can.

16. A light fixture in accordance with claim 1, wherein said reflector is integrally formed with said junction box.

17. A light fixture in accordance with claim 1, further comprising a ballast slidably attachable to said junction box.

18. A light fixture in accordance with claim 1, further comprising a ballast housed within said junction box.

19. A firebox for containing a light fixture comprising:
a plurality of sidewalls, a bottom and an open top,
a plurality of insulation retainers secured to said firebox and forming a plurality of insulation chambers,
a plurality of side insulation sections slidably inserted into said chambers,
a top insulation section extending across said open top and secured to said firebox via a plurality of bendable protrusions provided on said four side walls, and

a bottom insulation section extending across said bottom.

20. A firebox in accordance with claim 19, further comprising a light fixture orifice provided in said bottom insulation section for extension of a light fixture can therethrough.

21. A firebox in accordance with claim 19, wherein said insulation is mineral wool insulation and said plurality of side walls are formed from sheet metal.

22. A firebox in accordance with claim 19, further comprising a first wiring orifice provided in one of said side walls and a second wiring orifice provided in said side insulation section that is positioned adjacent said one of said side walls provided with said first wiring orifice.